

# Probiotic News



November 2013

Celebrating 21 Years of Good Health

Issue Number 9

## Top News

### PUT THE SEAT DOWN ON POVERTY

Lepicol Raise £1200 for Charity!



### Equine Premium Bursary Winners Announced



### Protexin Healthcare Welcomes Dr Joshi

MORE NEWS INSIDE

# Feeling Sluggish This Winter?

With winter fast approaching our change in diet and lifestyle can often leave us feeling sluggish.

Our Nutritional Therapist Natalie Lamb discusses how probiotics, prebiotics and fibre could help.



## Introduction

As over 70% of our immune system is located in the gut<sup>1</sup> it's imperative it is working well to help us fight off any nasty bugs this winter that could make us feel run down. Beneficial bacteria play an essential role in supporting strong immune and digestive systems<sup>2</sup>. A healthy balanced gut flora could be compromised during the winter months if busy fighting bugs, by antibiotic therapy, stress, excess alcohol or comfort eating during those cold dark nights.

## Beat the bloat

A well balanced microflora is necessary for the body to digest and absorb the food we eat in order to function optimally and make us feel at our best. Bacteria in the small intestine produce

a range of different digestive enzymes to assist in the breakdown of food. Individual probiotic strains have also been shown to produce a number of additional digestive enzymes, such as lactase<sup>3</sup>. Their protective colonisation along intestinal mucosal cells is also known to support optimal function and the final stage of digestion by healthy brush border enzymes. The large intestine microflora assist in the fermentation of food that digestive enzymes have failed to breakdown, making more nutrients available to the body. Beneficial bacteria produce a lot less gas when fermenting than pathogenic bacteria<sup>2</sup>, so boosting levels should help to reduce bloating and aid a flat stomach in preparation for the Christmas party season!

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## Feeling Sluggish This Winter? *From front page*

### Prevent fatigue

B vitamins are essential for energy production in every cell of the body. As water soluble vitamins, they are only present in the body for a short time after consumption of certain foods. To ensure a constant supply of energy a healthy gut microflora supports B vitamin production to retain adequate levels and prevent fatigue<sup>4</sup>.

### Stop that sluggish feeling

The cold winter nights can often bring with them comfort eating, leaving us feeling sluggish. Healthy digestive function and regular removal of waste products and toxins could help us feel lighter and energised. With the lack of summer salads in the diet it's important to try and consume plenty of vegetables in warming stews and soups to obtain adequate fibre, alongside plenty of water or herbal

teas. For those that need additional fibre, psyllium has the advantage of being much gentler than some common fibres (such as wheat bran) that can be irritating to a sensitive bowel<sup>5</sup>. Psyllium has been shown to soften stools by increasing water content far more than other common fibres<sup>6</sup>. It forms a soft gel which eases the stool along the lower digestive tract and encourages natural peristalsis (contraction of the smooth muscles to propel contents along the digestive tract). If there is insufficient fibre in the diet, the faeces will move more slowly and there will be more time for water to be absorbed from the ingested food into the rest of the body, leaving the faeces smaller and harder, which in turn is more difficult to move.

### Conclusion

Lepicol with its 3 in 1 combination of gentle psyllium husk fibre, 5 probiotic strains to help rebalance gut flora



and inulin acting as a prebiotic (food source for beneficial bacteria) could help to support immunity and keep bowel movements regular.

#### REFERENCES

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5. Tomás-Ridocci M, Añón R, Mínguez M, Zaragoza A, Ballester J, Benages A. 1992. The efficacy of *Plantago ovata* as a regulator of intestinal transit. A double-blind study compared to placebo. *Rev Esp Enferm Dig*. **82**(1):17-22.
6. McRorie JW, Daggy BP, Morel JG, Diersing PS, Miner PB, Robinson M. 1998. Psyllium is superior to docusate sodium for treatment of chronic constipation. *Aliment Pharmacol Ther*. May; **12**(5):491-7.

## A spotlight on Printed Packaging



**Adam Boulton**  
Printed Packaging Coordinator

At Probiotics International Ltd (Protexin) our library of printed packaging is constantly growing with new products and designs just around the corner. Printed Packaging Coordinator Adam Boulton comments on his involvement with the artwork process...

"The volume of artwork that we deal with here at Protexin is growing year on year. With every new customer comes a new set of challenges which keeps us all on our toes.

Due to the nature of the products we provide, there is a constant demand for packaging to be updated. Part of my role within the company is to liaise with staff and customers to quickly and efficiently resolve any packaging issues or needs they may have. Using our state of the art Mac and Adobe CS

suite, we are able to create, amend or update packaging to meet any request.

All newly generated artwork has to go through a rigorous approval process where our team of experts scrutinise every detail until the designs are deemed acceptable. Once a design has been cleared it is then sent to the customer for approval. We always advise customers to take advice from their authorities to check that the labelling suggested meets their requirements.

Once a design has been approved it is sent to one of our tried and tested quality suppliers that specialise in their chosen fields of packaging. We always strive to deliver the best quality results for our customers.



Don't forget to like our Facebook pages and follow our Twitter pages to keep up to speed with all the latest news and events

# More News

## PROTEXIN

### Protexin Twin their Toilets!

We are excited to announce that we are contributing to improvements in sanitation in some third world countries. The 'Toilet Twinning' campaign, run by charities Cord and Tearfund, raise funds by giving people and businesses the opportunity to link their own toilets to those in some of the world's poorest countries. The proceeds are used to provide people with safe sanitation, clean water and hygiene education. Protexin has supported the campaign by twinning four of their toilets to toilets in Uganda, Ethiopia, Sierra Leone and Afghanistan.

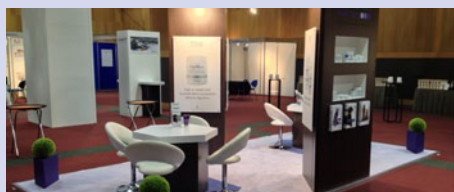
## VETERINARY

### Protexin Veterinary Welcomes Nick Dolaghan

We are pleased to announce the addition of Nick Dolaghan to our team of Protexin Veterinary Territory Managers. Nick will be covering Ireland and joins us with an impressive sales background in the human pharmaceutical industry.



### FECAVA EuroCongress



We also exhibited at The FECAVA Euro Congress in October, held in Dublin. We enjoyed meeting everyone who visited our stand!

## HUMAN HEALTH CARE

### Dr Mayur R Joshi joins Protexin Healthcare

Dr Joshi, a fully registered doctor has spent most of his clinical work in colorectal surgery before spending time within industry as a Medical Advisor. He joins a team of highly qualified technical experts at Protexin to better support our ever increasing network of distribution partners around the world.

### Lepicol Raises £1200 for charity



Last month Lepicol visited Camexpo, the UK's only event for complementary, natural and integrated healthcare. The Lepicol stand featured an array of decorated toilet seats which were available to purchase. We can reveal that 10 toilet seats were sold and a massive £600 was raised, with Protexin matching the donation. In total £1200 was donated to charities Toilet Twinning and Events for Namuwongo. Turn to the back page to discover who has supported the project.

### Bio-Kult supports journalists during Fashion Week

In September Bio-Kult ran a campaign to help fashion journalists survive London Fashion Week! Journalists were provided with a box of Bio-Kult and other handy tools to ensure they didn't get run down at the runway!

## EQUINE PREMIUM

### Equine Premium Bursary Competition Success

Equine Premium were delighted to award 3 x £200 bursaries in August to riding club members from the South East of England to put towards training of their choice. With an 80% increase in applications from last year, Equine Premium has already set aside 4 more bursaries to be awarded nationally in 2014.



Alison Sadler



Natalie Olive



Rosie Eustace



# The Lepicol Toilet Seat Gallery!

Thank you to everyone who helped Lepicol raise money for charities Toilet Twinning and Events for Namuwongo. We still have a few left for sale on our Facebook page [www.facebook.com/lepicol](http://www.facebook.com/lepicol)

- 1 **Waterfall**, by Lepicol employee Ali Dunford  
Bought by Diversified UK
- 2 **Keep CAM and Carry On**, by Diversified UK  
Bought by Target Publishing
- 3 **Media Seat**, by Mostly Media  
Bought by Target Publishing
- 4 **Gentle Route**, by Lepicol  
Bought by the Association of Registered Colon Hydrotherapists (ARCH)
- 5 **This Way up**, by Lepicol employee Kate Rouse  
Bought by GES
- 6 **Smooth Track**, by Lepicol  
Bought by Swordfish Media
- 7 **Lego**, by Sarah T  
Bought by Jonathan Sowler
- 8 **Hippo**, by David Woolway  
Bought by Kate Rouse
- 9 **Lepicol**, by Lepicol  
Bought by Toby Lewis
- 10 **Toilet Twinning**, by Toilet Twinning  
Bought by Nottingham Health and Wellbeing Clinic



## Keep up to date

Following us on social media is a great way to keep up to date with all our latest news, events and research.

### Bio-Kult

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### Lepicol

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### Protexin Veterinary

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### Protexin Equine Premium

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